

Section

4

Food Buying Guide for Child Nutrition Programs

Milk



4-1 Fluid Milk for the Child Nutrition Programs

4-2 Yield Data Table for Milk

Milk

Fluid Milk for the Child Nutrition Programs

Regulations for most Child Nutrition Programs require that fluid milk must be offered at each breakfast, lunch, or supper. Fluid milk is not required to be served with the adult supper in the Child and Adult Care Food Program (CACFP). Fluid milk is one of the options for a snack in the CACFP, the Summer Food Service Program (SFSP), and the afterschool snack service in the National School Lunch Program (NSLP).

In a lunch or a supper, the fluid milk must be served as a beverage. For a breakfast or a snack, you may serve the fluid milk as a beverage, on cereal, or both.

In the School Breakfast Program, the CACFP, and the SFSP, fluid milk includes whole milk, lowfat milk, reduced fat milk, skim milk or nonfat milk, cultured buttermilk, lactose-reduced milk or lactose-free milk, acidified milk, or flavored milk made from types of fluid milk that meet State or local standards.

Schools participating in the NSLP must offer students fluid milk. The selection of the types of milk offered must be consistent with the types of milk consumed in the prior year. This requirement does not preclude schools from offering additional kinds of milk. However, in the event that a particular type of milk represents less than one (1) percent of the total amount of milk consumed in a previous year, a school may elect not to make this type of milk available. Schools are encouraged to offer a wide variety of milks. Since some children may be lactose intolerant, it may be a good idea to offer lactose-reduced milk or lactose-free milk as a choice.

Fluid milk includes pasteurized fluid unflavored or flavored skim milk or nonfat milk, lowfat milk, whole milk, lactose-reduced milk, lactose-free milk, or cultured buttermilk, all of which meet State and local standards for such milk. The milk must contain vitamins A and D at levels specified by FDA, and must be consistent with State and local standards.



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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
MILK, FLUID					
Milk, fluid <i>Skim or Nonfat milk, Lowfat milk, Reduced fat milk, Whole milk, Lactose-reduced milk, Lactose-free milk, Buttermilk, Acidified milk (unflavored or flavored)</i>	Gallon	16.0	1/2 pint milk (1 cup milk)	6.3	
	Gallon	21.3	3/4 cup milk	4.7	
	Gallon	32.0	1/2 cup milk	3.2	
	Quart	4.0	1/2 pint milk (1 cup milk)	25.0	
	Quart	5.3	3/4 cup milk	18.9	
	Quart	8.0	1/2 cup milk	12.5	
	1/2 pint (8 fl oz)	1.0	1/2 pint milk	100.0	
	3/4 cup (6 fl oz)	1.0	3/4 cup milk	100.0	
	1/2 cup (4 fl oz)	1.0	1/2 cup milk		